

Cream of Mushroom Soup III

READY IN



30 min.

SERVINGS



8

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cube beef bouillon from cube
- 0.3 cup butter
- 42 ounce chicken broth canned
- 0.3 cup flour all-purpose
- 1 pound mushrooms fresh sliced
- 1 cup cup heavy whipping cream
- 0.5 cup cooking sherry

Equipment

sauce pan

Directions

- In a large saucepan, melt butter over medium heat. Cook mushrooms in butter 5 minutes.
- Sprinkle flour over mushrooms.
- Pour in broth, a little at a time, stirring constantly. Stir in bouillon cube and sherry. Bring to a boil, then remove from heat and stir in cream.
- Heat through, without boiling.
- Serve.

Nutrition Facts

 **PROTEIN 36.08%**  **FAT 57.36%**  **CARBS 6.56%**

Properties

Glycemic Index:21.5, Glycemic Load:2.63, Inflammation Score:-6, Nutrition Score:14.089130427526%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 466.38kcal (23.32%), Fat: 28.78g (44.28%), Saturated Fat: 13.87g (86.7%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.74g (2.45%), Sugar: 2.15g (2.39%), Cholesterol: 123.29mg (41.1%), Sodium: 776.55mg (33.76%), Alcohol: 1.54g (100%), Alcohol %: 0.75% (100%), Protein: 40.73g (81.46%), Selenium: 34.96µg (49.95%), Phosphorus: 302.42mg (30.24%), Vitamin B3: 5.89mg (29.46%), Zinc: 4.14mg (27.59%), Vitamin B2: 0.46mg (26.87%), Vitamin B12: 1.57µg (26.18%), Vitamin B6: 0.36mg (18.08%), Vitamin A: 878.04IU (17.56%), Iron: 2.47mg (13.73%), Copper: 0.26mg (13.21%), Potassium: 453.09mg (12.95%), Vitamin B5: 0.96mg (9.56%), Magnesium: 37.98mg (9.49%), Vitamin E: 0.92mg (6.15%), Vitamin B1: 0.08mg (5.58%), Folate: 21.33µg (5.33%), Vitamin D: 0.74µg (4.92%), Vitamin K: 4.94µg (4.71%), Calcium: 45.84mg (4.58%), Manganese: 0.07mg (3.56%), Fiber: 0.67g (2.69%), Vitamin C: 1.37mg (1.66%)